

Weight Management Self-Management Plan

- Eat breakfast.
- Eat a variety of food groups, including fruits, protein, and nuts.
- Plan your meals and snacks.
- Drink water instead of sugar sweetened beverages.
- Limit fried or breaded foods.
- Stay physically active. Exercise is key in burning calories and improving your health.

- Aim to keep your body mass index (BMI) within the normal range for your height.
- If you are above your ideal body weight, consider steps to make healthier choices.
- Eat the right number of calories that will help you maintain a healthy weight.
- Watch your portion size. Avoid “supersizing” food and beverages.

Green Flags — All Clear

What this means...

If you:

- Eat a balanced diet.
- Take in calories that help you maintain a healthy weight.

- Keep up the good work!

Keep up the great work!

Yellow Flags — Caution

What this means...

If you have any of the following:

- Weigh more than is ideal for your height and age
- Routinely eat fried or breaded foods
- Drink whole milk
- Eat foods high in fat
- Drink sugary drinks
- Eat foods that are salty, like potato chips or processed foods
- Do not regularly eat vegetables or whole grains

- You are at higher risk for health problems related to your weight, including risk for heart disease, stroke and diabetes
- Talk with your healthcare provider about a referral to a Registered Dietitian/Nutritionist.

Call your doctor, or consulting nurse, or healthcare provider if symptoms do not improve.

Name:

Number:

Instructions:

If you notice a Yellow Flag, work closely with your health care team.

Red Flags—Stop and Think

What this means...

If you have:

- Sudden swelling in the extremities (hands and feet), difficulty breathing, chest pains, etc.
- Unintended weight loss— (5% over one month, 7.5% over three months, 10% over six months, or 20% over one year)
- Low body weight
- Weakness, dizziness, or feeling faint, and fatigue.
- Brittle hair, hair loss, and hair pigment loss.
- Poor wound healing.

- You could have a serious health issue, including a heart attack.

Name:

Number:

Follow these instructions: **CALL 9-1-1.**

If you notice a Red Flag, call 9-1-1. Emergency!

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Weight Management Fast Facts

- Having unhealthy weight– whether too much weight or not enough weight– can put you at higher risk for health issues, and healthy eating and maintaining a healthy weight are important throughout life.
- Many adults who are at an unhealthy weight have diets that are low in fruits and vegetables, and frequently they do not meet the recommended amounts of physical activity.
- Health risks are greater if you tend to carry your weight around your abdomen, as opposed to your hips and thighs.

What can you do?

- Take small steps can make a difference. Consider one thing you can do to help maintain a healthy weight. Perhaps set a goal around eating a balanced diet and having healthy meals.
- It is important to read labels. Reading food labels helps you know how many calories as well as servings are in a box, can, jar, or package. The label also shows you nutrients like fat, fiber, sodium, and sugar in one serving of food.
- Many food labels state a food is “low fat” or “reduced fat,” or “light.” Know that these claims do not always mean the food is low in calories. Also, fat-free does not mean calorie free.
- Portion control is important. Most people eat more calories than their body needs.
- Choose foods and follow a healthy eating plan that is moderate in salt and sodium,
- If you drink alcoholic beverages, consider quitting, or do so in moderation.
- Talk with your health care provider about a healthy eating plan and exercise plan, especially if you have not been physically active.

Southeast Washington Aging and Long Term Care

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